

#healthyadulthood

A YOUNG INVINCIBLES INITIATIVE

Preventive Care

What Exactly is Preventive Care?

'Preventive Care' is a term that refers to health care services, like tests and screenings, which are performed to check your health status and keep you healthy. Preventive care includes things like cancer screenings, diet and obesity counseling, testing for sexually transmitted infections, and birth control. A full list of what's covered can be found below. Insurance plans now cover the cost of preventive care, meaning you pay \$0.

Screening tests vs. Diagnostic tests

It is important to know the difference between screening tests and diagnostic tests. Screening tests are recommended for people who don't show symptoms and/or signs of a condition or disease, but may be at an increased risk based on their age, gender or other factors. Screenings can include medical tests and/or questions that your doctor asks you about your health to determine your health risks. Diagnostic tests can be performed at any time, as long as there are symptoms and/or signs that suggest to your provider that a condition or disease may be present and a test is needed to confirm the diagnosis. While preventive screenings are free, a diagnostic test may not be completely covered by your insurance provider.

	Screening Test	Diagnostic Test
Reasons for test	Annual check up (no symptoms) Age (such as mammograms for women over 40) Gender Other Potential Risk Factors	Display of symptoms or signs indicating a certain disease or condition
Intended Outcome	Early Detection General Health Status Check	To establish presence or absence of specific disease
Common Example	HIV Screening Blood Pressure Screening	MRI (Magnetic Resonance Imaging) MRI's are like an x-ray, but a more detailed picture of the inside of the body
Cost to You	Free with health insurance	May be partially covered by health insurance, but you will likely pay something for these services

[Click here for a full glossary of health insurance terms.](#)

Covered Preventive Services Recommended for Young Adults

SCREENING TESTS

- [Blood Pressure](#) screening
- [Cholesterol](#) screening for young adults 20 and older with risk factors for heart disease, and all men over 35
- [Type 2 Diabetes](#) screening for adults with high blood pressure
- [HIV](#) screening
- [Syphilis](#) screening for all adults at higher risk

IMMUNIZATIONS

- Hepatitis A
- Hepatitis B
- HPV (Human Papillomavirus)
- Flu shot (Influenza)
- MMR (Measles, Mumps, Rubella)

COUNSELING & INTERVENTION

- [Alcohol Misuse](#) screening and counseling
- [Depression](#) screening
- [Diet](#) counseling for adults at higher risk for chronic disease
- [Obesity](#) screening and counseling
- [Tobacco Use](#) screening for all adults & cessation interventions for tobacco users
- [Sexually Transmitted Infection \(STI\)](#) prevention counseling for adults at higher risk

- Meningococcal [Vaccine for meningitis (men-in-jahy-tis)]
- Pneumococcal [Vaccine for pneumonia (nu-mou-ni-a) sinus infections]
- Td/Tdap [Tetanus, Diphtheria, Pertussis (whooping cough)]
- Chickenpox (Varicella)

Recommended for Pregnant Women

- [Anemia](#) screening on a routine basis for pregnant women
- [Urinary tract infection \(UTI\)](#) screening for pregnant women
- [Breastfeeding](#) comprehensive support and counseling from trained providers, as well as access to breastfeeding supplies, for pregnant and nursing women
- [Folic Acid](#) supplements for women who may become pregnant
- [Gestational diabetes](#) screening for women 24 to 28 weeks pregnant and those at high risk of developing gestational diabetes
- [Gonorrhea](#) screening for all women at higher risk
- [Hepatitis B](#) screening for pregnant women at their first prenatal visit
- [Rh Status](#) screening for all pregnant women and follow-up testing for women at higher risk

Recommended for Women

- [Breast and Ovarian Cancer Counseling](#) about genetic testing for women at higher risk
- [Breast Cancer Chemoprevention](#) counseling for women at higher risk
- [Cervical Cancer](#) screening for sexually active women
- [Chlamydia Infection](#) screening for younger women and other women at higher risk
- [Contraception](#): FDA-approved contraceptive methods including the birth control pill, IUDs, the ring, and the patch
- [Domestic and interpersonal violence](#) screening and counseling for all women
- [Well-woman visits](#) to obtain recommended preventive services